

You have brains in your head and feet in your shoes. you can steer yourself in any direction you choose! - Dr. Seuss

September 2018



Every lunch includes a choice of fresh fruit, fruit cup or fruit juice and a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>HAPPY LABOR DAY</p>	<p>4</p> <p>Choice of Pizza Italian Salad Steamed Vegetables Fruit Cup</p>	<p>5</p> <p>Chicken & Waffles Fresh Carrots Steamed Vegetables Fruity Jell-o</p>	<p>6</p> <p>Quesadillas or Crisritos Lettuce & Tomato Beans al Carbon Spanish Rice Homemade Salsa Fruit Cup</p>	<p>7</p> <p>Burger & Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>10</p> <p>Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Steamed Vegetable Fruit Cup</p>	<p>11</p> <p>Spaghetti with Meat Sauce and Garlic Bread or Pizza Tossed Salad Seasoned Green Beans Fruit Cup</p>	<p>12</p> <p>Stuffed Baked Potato with Hot Roll or Chili Dog Fresh Vegetable Dippers Steamed Broccoli Orange Smiles</p>	<p>13</p> <p>Nachos Refried Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup</p>	<p>14</p> <p>Burger Basket Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>17</p> <p>Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes</p>	<p>18</p> <p>Meatball Sub or Pizza Italian Salad Seasoned Corn Fruit Mix</p>	<p>19</p> <p>Asian Bowl Steamed Vegetables Glazed Carrots Pineapple Chunks or BYSL</p>	<p>20</p> <p>Tacos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup</p>	<p>21</p> <p>Burger Basket Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>
<p>24</p> <p>Baked Chicken or Chicken Fried Steaks with Hot Roll Baked Potatoes Sautéed Vegetables Fruit Cup</p>	<p>25</p> <p>Cheesy Bread Sticks or Pizza Cucumber Nachos Steamed Vegetables Fruit Wiggles</p>	<p>26</p> <p>Chicken Spaghetti with Hot Roll Fresh Garden Salad Seasoned Vegetables Fruit Cup or BYSL</p>	<p>27</p> <p>Burritos or Crisritos Charro Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Cup</p>	<p>28</p> <p>Burger Basket Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p>

Steer Yourself in the Right Direction!

It's up to you and only you to make good choices this year! One of the most important choices is your health. Did you know the meals provided at your school are designed with your health in mind? Every week you are offered the right amount of veggies, fruit, grains, and protein to give your body what it needs! Start the year of Healthy!

Breakfast



An option of Cereal & Toast is offered everyday. Fresh Fruit or Fruit Cup and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs with Sausage, Bacon or Ham and Toast	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin

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